

PARENT CARE PATTERNS WITH PICKY EATING BEHAVIOR IN PRE-SCHOOL AGE

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ABSTRACT

Pre-school age children are a time when children need adequate nutrition for children's growth and development. This is just the opposite of eating behavior in children. At that age, parents often experience difficulties in feeding. A son has been able to choose the type of meal 's what you want to consume or often (picky eating) where children can refuse to eat given, mealtime be long until more than 30 minutes, or the child will only eat certain food-only. One of the efforts to overcome the problem of *picky eating* in children is to apply parenting in every child's life. The purpose of this study was to identify the relationship between parenting style and *picky eating* behavior in pre-school age children at TK Bahtera Mojokerto. Researchers used a correlation design with a sample size of 60 parent respondents. The instruments used were the parenting style questionnaire and the *picky eating* behavior questionnaire which was adapted from previous research. The results of the study using the *k chi square* statistical test showed a *p-value* of 0.001, which means that there is a relationship between parenting styles and *picky eating* behavior in pre-school children. The hope is that by implementing proper parenting styles from an early age, it can make children's eating habits become regular and in accordance with the Nutritional Adequacy Rate needed by preschoolers.

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PRELIMINARY

Background

Preschool children are a stage of growth and development at the age of 3-6 years, where children have started to realize themselves as a boy or girl, can begin to organize themselves in *toilet training*, and recognize some things that are considered dangerous for themselves. his [1]. At this age stage, the problem of not optimal fulfillment of nutritional needs in children often occurs. Parents' lack of understanding of the causes of these problems makes them sometimes force children to eat or be tough when children refuse food. This kind of attitude will actually make children *picky eaters*.

Difficulty eating (picky eating) often occurs in children but will not last long enough. Sudjatmoko argues that healthy children with a meal time of more than 30 minutes are categorized as eating behavior disorders [2]. The incidence of *picky eating* in some countries is quite high. A study in London, England found that 17% of 3 year olds were described as having a bad appetite and 12% of them as having *picky eating* behavior. The prevalence of *picky eating* in Indonesia shows that 20% of children experience *picky eating*, and about 44.5% of these children experience mild to moderate malnutrition [3].

Refusing food on the grounds of choosing the food they want to eat (picky eating) is a health problem in children that parents and health workers need to know, because if this problem lasts for a long time it will have a bad effect on the child's health condition. Case *picky eating* often occurs in children aged 1 to 3 years and children at risk 2 times more likely to have less weight in the age of 4 years [4].

Difficulty eating (picky eating) is often caused by several factors, both organic and non-organic factors. Organic factors are caused by congenital organ abnormalities and abnormal function of the digestive system. Non-organic factors are caused by the role of parents, socio-economic conditions, type and method of feeding, personality, and children's emotional condition [5].

Parenting is the attitude of parents when interacting with their children. These attitudes include the way parents give rules, gifts, or punishments to children, how parents show their authority, and how parents pay attention and respond to their children's behavior. The attitude of the parents greatly influences the pattern of nutritional development in children. Parenting patterns related to feeding children will become a habit and affect the next child's habits. For example, the habit of feeding children from childhood, is sometimes still encountered until children are 5-6 years old. In fact, if children are not taught from an early age to eat by themselves, until the end of school age the children will not be able to be skilled in self-eating [6].

The results of interviews with some of the children's parents complained that their children were often picky about food or like certain types of food, of the 10 respondents who were randomly taken 7 of them complained that they had this problem. Children tend to prefer snacks in the canteen compared to having lunch brought by their parents. Based on the phenomena and problems above, the researchers are interested in conducting further research on the relationship between parenting and *picky eating* behavior in pre-school children. This research is important to do as a result of the detrimental effects that will arise if the problem of *picky eating* continues in children for several months, because it can

cause the child to be underweight and the child can enter a condition of not optimal nutritional adequacy.

RESEARCH METHODOLOGY

The research carried out included a type of survey analytic research with a *cross sectional* approach, where data collection was carried out in one time and one time data collection. For the population in this study, all parents/guardians of children aged 3-5 years at Bahtera Kindergarten Mojokerto totaling 60 respondents. For the sampling technique, researchers used total sampling where the entire population was the respondent of the researcher. In instruments are research using questionnaires parenting parents (**P**arent **S**tyl **Q**uestionnaire) and behavioral questionnaires *picky eating* (**C**hildr **E**ating **B**ehavior **Q**uestionnaire). Data collection was carried out in July 2020-August 2020. The data that had been collected by researchers would be tested by SPSS using the *chi square* test.

RESEARCH RESULT

1. Univariate Analysis

a. Parenting Patterns

Table 1.

Parenting Pattern Frequency Distribution (N = 60)

Parenting	Frequency	Percentage (%)
Authoritarian	10	17
Democratic	35	58
Permissive	15	25
amount	60	100

(Source: Primary Data, July-August 2020)

Based on Table 1, it can be seen that most of the parents have democratic parenting, namely as many as 35 parents (58%).

b. Picky Eating behavior

Table 2.

Distribution of Frequency of *Picky Eating* Behavior in Children (N = 60)

<i>Picky Eating</i> behavior	Frequency	Percentage (%)
<i>Picky Eating</i>	32	47
Not <i>Picky Eating</i>	28	53
amount	60	100

(Source: Primary Data, July-August 2020)

Based on Table 2, it can be seen that most children have *picky eating* behavior, as many as 32 children (53 %).

2. Bivariate Analysis

Table 3.

Cross tabulation of parenting styles with *picky eating* behavior in pre-school children

		Children's Behavior			Total	
		<i>Picky Eating</i>	<i>Not Picky Eating</i>			
Use of Gadgets	Authoritarian	N	4	6	10	<i>p</i> _{value} 0.001
		%	40	60	100	
	Democratic	N	15	20	35	
		%	43	57	100	
	Permissive	N	9	6	15	
		%	60	40	100	
Total			28	32	28	32

*p*value 0.001

(Source: Primary Data, July-August 2020)

Based on Table 3 shows that most children are in behavior was not *picky eating* with parents parenting democratic as many as 20 respondents (57%). In addition, after analysis using test *Chi-Square* obtained *p*-value of 0.001, which indicates that the value of $p < \alpha$. These results indicate that H_a is accepted so that the research hypothesis states that there is a relationship between parenting styles and *picky eating* behavior in pre-school children.

DISCUSSION

The results of research conducted at TK Bahtera Mojokerto showed a *p*-value of 0.001 which means that there is a relationship between parenting styles and *picky eating* behavior in pre-school children. This is in line with Nafratilawati's research which shows that there is a relationship between parenting and eating difficulties in children [7]. Parenting style is closely related to the pattern of feeding the child. Parents who use democratic parenting tend to let the children are free but still there are restrictions or rules given by knowl n dalian of them. Parents with this parenting style continue to supervise directly and pay attention to their children. Children are given responsibility so that children can freely carry out activities and interact with their environment.

More democratic parenting uses *responsive feeding* in feeding patterns. *Responsive feeding* is the behavior of recognizing feelings of hunger or fullness shown by children, as well as how parents respond to this. So, there will be a response of hunger and satiety followed by the response of the parents to feed or stop feeding. There are five principles in *responsive feeding* in children, including providing food to children directly and helping children eat themselves, feeding slowly and patiently, experimenting with various dishes if the child refuses to eat, minimizing distraction when eating, and showing affection and contact. eyes with the child when eating [8]. The application of democratic parenting can affect eating behavior in pre-school children. This is in line with the results of the research that most children with democratic parenting do not experience *picky eating* (as many as

20 respondents/57%). The child can eat independently and there is no difficulty when the child is fed.

Children who are cared for with a permissive pattern will tend not to be directed. This parenting style applies a soft, helpless, and gives freedom to children without any rules/restrictions. This is because parents are too fond of children so that children behave according to their own will and do not care about the rules in their environment [9]. Permissive parenting shows that most children experience *picky eating* (as many as 9 respondents/60%). This study is in line with Najib's research that children with permissive parenting experience problems with eating difficulties [10]. This is due to the habits of parents who always obey the wishes of their children. Parents are too attentive and give freedom according to what their children want so that even when giving food, children tend to like to choose food and snacks instead of bringing supplies from home.

Authoritarian parenting in children tends to apply tough and assertive relationships. Children will do what they have to do as a result of pressure or out of fear of punishment. In feeding, usually the parents will give a firm attitude to the child so that the child does not eat because of hunger, but because of fear. The results obtained show that children do not have *picky eating* behavior when cared for using an authoritarian style. Parents who use pressure or restrictions in parenting will result in the child being non-responsive when it comes to feeding practices.

From the analysis of the researchers, it can be seen that the parenting styles applied by parents in the child's life will affect their growth and development, not to mention their feeding patterns. Basically, pre-school children do enter a period of *picky eating* where children become fussy and like to choose food. When children enter this period, parents should always provide assistance to children. Involving the child in every food need will allow the child to go through the period of *picky eating*. In addition, at this time the child is also in the imitation phase. Imitating the eating habits of their parents so that parents who have a good diet, children will have a good diet too.

TO CONCLUDE

Based on the research objectives described earlier, it can be concluded that children are not *picky eating* and parents have democratic parenting in the stages of their child's growth and development. The result of the analysis of *Chi-Square to* shows that there is a relationship between parenting behavior of parents with *picky eating* at pre-school age children .

SUGGESTION

The results of this study are expected to add information to parents about the types of parenting that are good for their children, especially pre-school children. With the application of good parenting, children will be able to develop their abilities so that they will increase independence in children, especially in a good diet. For future research, we can analyze other factors that influence the incidence of *picky eating* in pre-school children.

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